

INTENSE PULSED LIGHT™

HAIR REMOVER

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user guide



This product **MUST**
be used responsibly

Read all instructions
thoroughly before
use and retain for
future reference



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WARNINGS

- **Read all instructions thoroughly and retain for future reference.**
- This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and maintenance shall not be made by children without supervision.
- Never aim the wand at or near eyes.
- Reflection Hazard: Please remove all jewellery in the vicinity of the treatment area before use.
- Do NOT use near flammable materials.
- Do NOT use this appliance in wet surroundings (near a bath or shower).
- Do NOT use if water enters the unit.
- Do NOT immerse in water.

WARNINGS

Unsuitable skin tones and hair types:

- IPL is not suitable for dark skin tones, for example, those of Afro-Caribbean, Black African, Indian or Pakistani descent. See “Suitable Skin Types” and always carry out Patch Test.
- IPL is not suitable for the removal of red, light blonde, grey or white hair.

Areas not to treat:

- Do NOT treat over tattoos, permanent make-up, pimples, acne, warts, hair on black spots or moles, dark freckles, skin disease, birth marks, burns, nipples, genital or anal areas, varicose veins, eczema, cold sores, psoriasis, open wounds, on abnormal skin pigmentation such as albinism and vitiligo or on broken skin.

WARNINGS

Do not use if:

- You are pregnant or breast feeding, you have a history of epilepsy or are taking medication known to increase photosensitivity. If you have any history of epileptic seizures we do NOT recommend using IPL. Common medications can cause photosensitivity so if you are on any medication you should check for photosensitivity warnings and if in any doubt consult your doctor. Common medications which can cause photosensitivity include some diuretics, some antibiotics, tricyclic antidepressants and medications prescribed for thyroid conditions, lupus and arthritis.
- Do NOT use if you have a history of skin cancer.
- Do NOT use if you have diabetes, kidney disease, heart disease or thyroid problems.
- Do NOT treat the same area repeatedly in any one session.

WARNINGS

Possible reactions:

- Most people feel a heating sensation during treatment. Some people experience a slight reddening of the skin. In most cases this will disappear within 24 hours, but on rare occasions it may take up to 72 hours.
- The following effects will require discontinuing treatment. In each case, cool the area - we recommend an aloe vera cooling gel. If symptoms continue after 48 hours, seek medical advice.
- Pain in the area treated
- Itching in the area treated
- Redness
- Blistering or burning

If the following occurs, seek medical advice immediately.

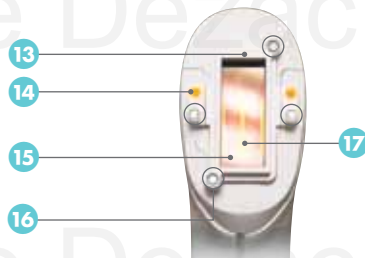
INTRODUCTION

The Intense Pulsed Light Hair Remover™ uses the latest Intense Pulsed Light (IPL) technology. Placed gently against the skin, pulses of intense light are delivered directly to the hair follicle with enough energy to disable the root without affecting the surrounding area. IPL delivers quick and efficient long term hair removal. IPL is suitable for larger areas such as legs, arms, underarms, bikini line, back and chest as well as certain areas of the face.

- 1 Keyswitch
- 2 Power level decrease button (-)
- 3 Power level increase button (+)
- 4 Power level indicators
- 5 Bulb life indicator
- 6 Enable button
- 7 Mains power socket (on the back)
- 8 Wand cable
- 9 Wand



- 10 IPL treatment button
- 11 Blue 'ready' light (x2)
- 12 Treatment cartridge
- 13 Indentation mark
- 14 Orange 'safety' light (x2)
- 15 Orange IPL aperture
- 16 Skin sensors (x4)
- 17 Bulb
- 18 Razor
- 19 Mains power lead
- 20 Keys



SUITABLE SKIN TYPES

Your IPL hair remover is suitable for fair coloured skin through to olive and tanned skin types. For treatment to be effective the hair needs to be darker than the surrounding skin. Best results are on pale skin with dark hair.

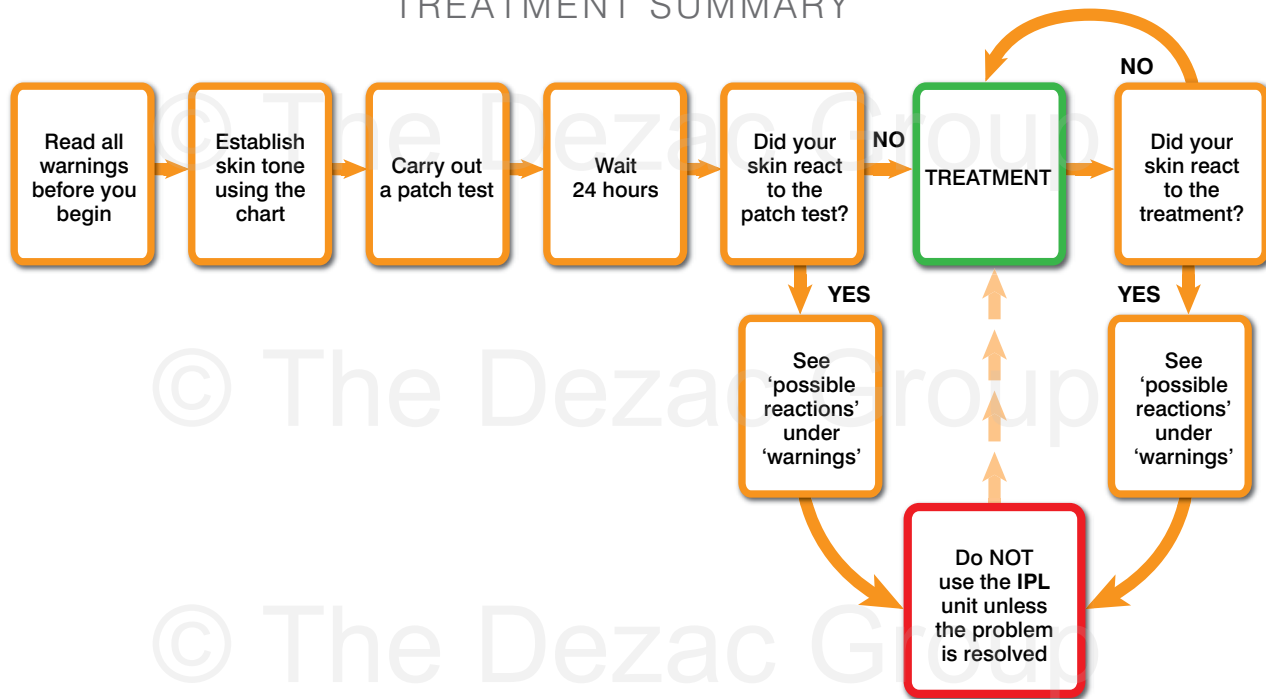
You may find that different power levels are required on different areas. Each area should be tested for the appropriate maximum power level.

Use the skin tone chart together with the chart (page 10) to accurately identify your skin tone/type.

SKIN TONE CHART



TREATMENT SUMMARY



PATCH TEST

24 hours before treatment check for any reaction by testing a small area.

The patch test will confirm the maximum power level for your skin type.



Treat an area on each power level (e.g. arm, leg) up to the maximum power level for your skin type (see Skin Chart). Use the (+) button to increase the power level by a single step each time and work your way along the area with the wand on a different part of the skin each time.

If you feel any discomfort the previous power level is the maximum power level you should use.

A slight redness may occur, but not always, within an hour of treatment. However, if any redness remains after 24 hours this would indicate the power level selected was too high for your skin type.

IMPORTANT: Because skin colour varies on different areas of the body, you may find that you need different power level settings for different areas. Each area should be tested for the appropriate maximum power level.

SKIN CHART

Skin Type	Skin Colour	Tanning History	Maximum Power Level
I	Very fair, "transparent"	Always burns, never tans	 1 2 3 4 5
II	Fair	Always burns	Subject to patch test all 5 power levels can be used
III	Fair to light olive	Burns mildly	 1 2 3
IV	Olive/Tanned	Rarely burns, tans with ease	Subject to patch test power levels 1, 2 and 3 can be used
V	Dark brown	Very rarely burns	NOT suitable for IPL treatment
VI	Black	Never burns	

BEFORE YOU START

Please ensure you read and understand the 'Warnings' section before proceeding.

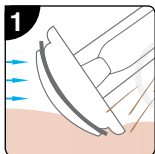
- Do not use any hair removal method that plucks the hair from the follicle, as this renders IPL ineffective.
- Remove all jewellery in the vicinity of the treatment area.
- Ensure you have patch tested the area to be treated 24 hours prior to treatment and are aware of your maximum power level.
- Your first treatment will always be on power level 1 and can only be increased by one level after a treatment is performed.

INCREASING THE POWER LEVEL

Each time you use your IPL you will need to do a treatment flash on each power level before you can increase the power to the next level. This is a safety feature to ensure you are aware of the treatment intensity at each level.

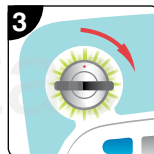
A self-check lasting a few seconds is performed whenever the power level is increased. During this time, the power levels will illuminate up and down. These self-checks may occur at other times and are important to optimise the performance of the unit.

INSTRUCTIONS FOR USE



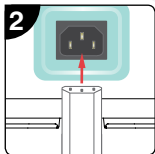
STEP 1

Shave the area to be treated. This ensures that the light energy goes directly to the hair root and avoids hair burning on the surface.



STEP 3

Turn the key clockwise to the ON position to unlock. The light around the keyswitch will flash green. Power level 1 will illuminate and the fan will startup.

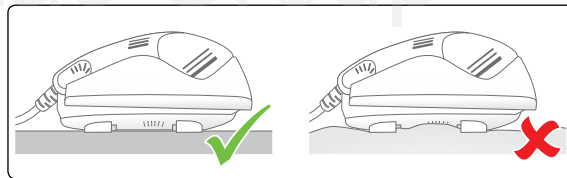


STEP 2

Connect mains power lead into the power socket on the back of the unit and plug into the mains.

IMPORTANT

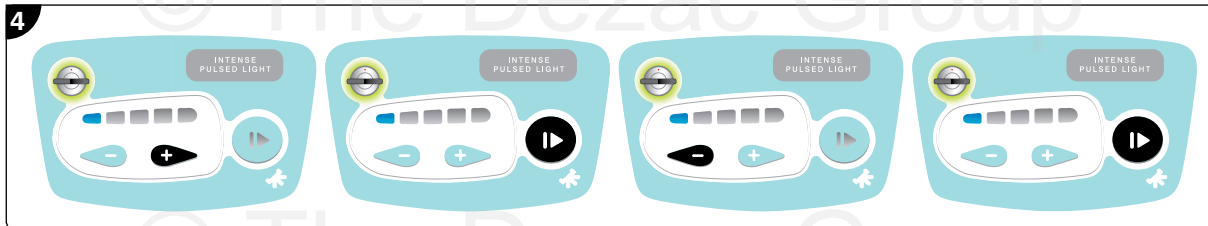
Place on a hard surface and ensure cooling vents on the underside are not obstructed e.g. duvet or soft carpet.



INSTRUCTIONS FOR USE

STEP 4

Enter the security code by pressing the buttons (highlighted in black) in the following order:



The unit will emit 2 beeps and the keyswitch will stop flashing and illuminate green. A series of self-checks will be performed. During this time, the power levels will illuminate up and down. When completed, the lowest power level will illuminate and the enable button will flash blue ready for selection.

Note: The unit will power off if the code is incorrectly entered (the keyswitch will change from flashing green to flashing orange and the unit will emit two low beeps). Turn the key off, wait a few seconds and then turn the key back on and enter the correct security code.

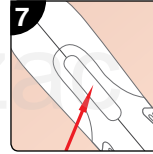
INSTRUCTIONS FOR USE



STEP 5

Press the enable button once.
The enable button will stop flashing.
The orange lights on the wand will illuminate.

Note: Each time the power setting is adjusted, you will need to press the enable button to continue.

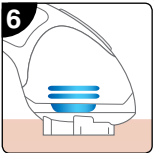


STEP 7

Press and HOLD the treatment button on the wand. This initiates the treatment flash. You may feel a slight warming of the area.

Notes:

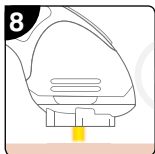
- Do NOT move the wand during treatment.
- The wand may become warm during use which is quite normal.
- If contact is lost between the skin sensors and skin during treatment, the wand's blue lights will go off. Return to step 6.



STEP 6

Place the wand over the area you wish to treat. Ensure all 4 skin sensors are in contact with the skin (you may need to apply gentle pressure). The blue 'ready' lights will illuminate.

INSTRUCTIONS FOR USE



STEP 8

The blue lights will go out after the treatment flash. The unit will also self-check after each flash. This takes five seconds, during this time the power level lights will illuminate up and down.

When moving the wand to the next area, the skin sensors must be lifted off the skin.



If you are increasing power for the next treatment, press the (+) button and return to step 5.

Important: Do NOT exceed the maximum power level for your skin type.

INCREASING THE POWER LEVEL

Each time you use your IPL you will need to do a treatment flash on each power level before you can increase the power to the next level. This is a safety feature to ensure you are aware of the treatment intensity at each level.




A self-check lasting a few seconds is performed whenever the power level is increased. During this time, the power levels will illuminate up and down.



AFTER USE

Turn the key anticlockwise to the OFF position to lock. Remove and store the key in a safe place away from children.

ERROR CODES

Indication	Problem / Solution
 1 2 3 4 5	OVERHEAT PROTECTION Unit should be left on (cooling fans will run). Leave wand on a hard surface (NOT on its side or on the console).
 1 2 3 4 5	WAND FAN ERROR Turn off using keyswitch, wait 5 seconds and turn on again.
 1 2 3 4 5 All lights are off	ENERGY SAVING MODE Turn off using keyswitch, wait 5 seconds and turn on again.

If any of the above problems persist or the power level lights continue to flash, please contact our Customer Care Department or check the website: www.rio-ipl.com for more information.

'MUTE' OPTION



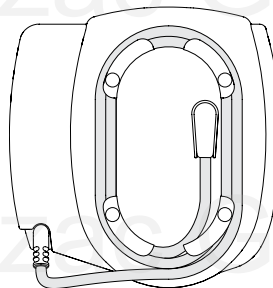
To turn off the audio indications (beeps), press down the enable button while turning on the unit with the key.

Note: This doesn't turn off warning beeps.



Turn the key off and back on to turn audio indications back on.

WAND CABLE STORAGE



Wrap the wand cable around the cable storage feature on the underside of the unit and place the wand back in the wand recess.

FACIAL TREATMENT

The Intense Pulsed Light Hair Remover can be safely used on the face within the area illustrated by the white dotted line.

Important: It should not be used around the eyes or on the lips.

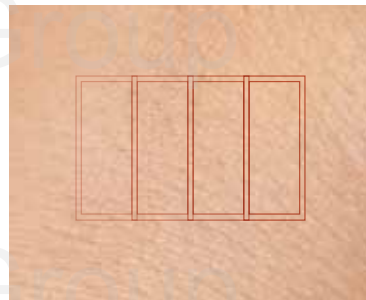
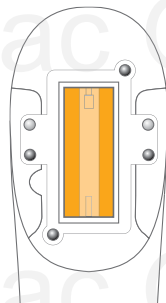


TREATMENT AREA

As a guide to the treatment area, a small indentation mark will be left by pressing the wand down on the skin. When moving the wand use these marks, building up a grid-like pattern to ensure complete coverage.

A white eyeliner pencil may also help by outlining areas to be treated.

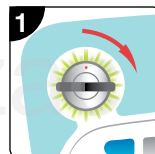
Important: Do NOT use a dark eyeliner or felt pen to mark an area as this will react with the treatment flash and cause damage to the skin.



Indentation marks building up a grid-like pattern

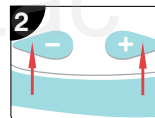
CHANGING THE TREATMENT CARTRIDGE

The IPL hair remover incorporates a treatment cartridge containing a high performance quartz bulb. Depending on a number of factors (including room temperature, output level selected, speed of repeat flashes) the cartridge can give 40,000+ treatment flashes. The performance of the bulb is checked after each treatment.



STEP 1

Turn the unit off and back on, and enter security code.



STEP 2

Press and hold the (-) and (+) buttons together while the unit is self-checking. Power levels 1 and 5 will illuminate.

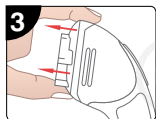


When there are 300 treatments remaining, the bulb life indicator flashes yellow.



When the yellow light changes to flashing red, the bulb must be changed.

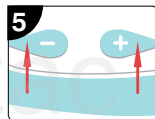
CHANGING THE TREATMENT CARTRIDGE



STEP 3

Pull the treatment cartridge (which contains the bulb) away from the wand.

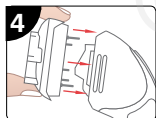
The unit will automatically power off.



STEP 5

Press and hold the (-) and (+) buttons together. The bulb indicator light and power level 5 light will go out.

The enable button will flash blue indicating the unit is ready for further treatments.

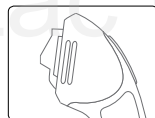


STEP 4

Ensure the connecting pins line up with the holes in the wand and push the new treatment cartridge fully into place.

The unit will automatically power on.

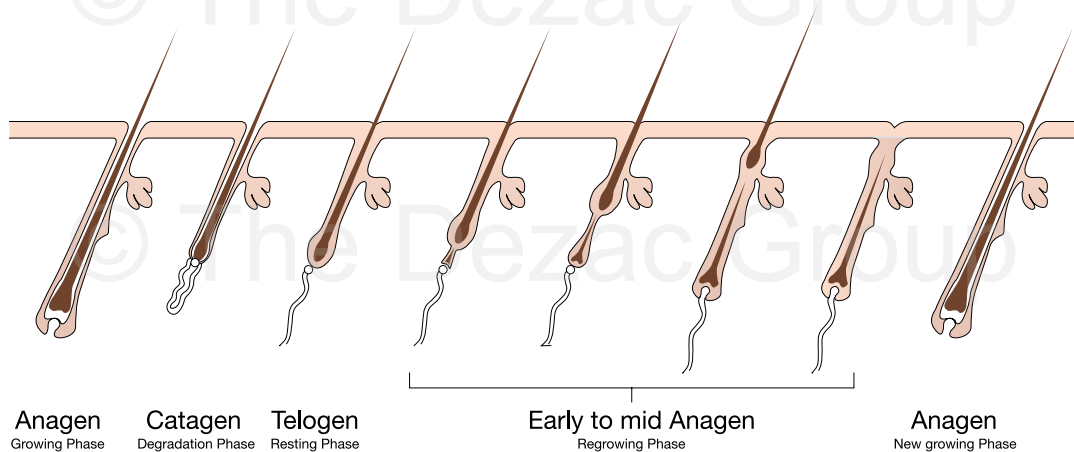
Power levels 1 and 5 will illuminate again.



Note: The unit will not power on if the bulb is fitted incorrectly or is missing.

Further treatment cartridges can be ordered using the accessory form or by calling the Rio careline.

THE HAIR GROWTH CYCLE



HOW MANY TREATMENTS ARE REQUIRED?

Everyone's hair grows differently, depending on age, weight, metabolism, hormones, ethnicity, medications and other factors. However, all hair goes through three distinct growth phases:

Active Growth phase (called the anagen phase), Degradation phase (catagen phase), during which the hair stops growing but is not yet shed, and the **Resting phase (telogen phase)**, when a hair falls out and a new hair begins to form.

IPL treatment is effective when the hair is in the active growth phase. At any one time there is only a percentage of hairs in the Active Growth phase (the actual percentage varies from one body area to another). Some follicles are destroyed, others may be reduced to producing only vellus hairs (light fine hairs) and some are disabled helping prevent hair regrowth.

To catch all hairs in the Active growth phase several treatments are required over many months (a minimum of six over six months). Thereafter a quick treatment every 4 to 6 weeks is undertaken to ensure disabled hairs remain dormant and to maintain permanently hair free skin.

Body Site	Follicle Density per square cm	Resting Phase	Time in Resting Phase	Active Growth
Face	500	68%	10 weeks	30%
Arms	80	18%	5 months	79%
Legs	60	18%	6 months	79%
Armpit	65	28%	3 months	69%
Chest/Back	70	28%	3 months	69%
Pubic	70	25%	3 months	71%

QUESTIONS AND ANSWERS

How should I prepare my skin for IPL hair removal?

Ensure your skin is clean. IPL hair removal is most effective on pale skin. Sunbathing, use of sun beds and fake tanning should NOT be undertaken prior to treatment.

How should I prepare the hairs for IPL hair removal?

Shave the area to be treated. Minimising the length of the hair enables the light energy to go directly to the hair root and avoids hair burning on the surface of the skin.

What areas can I treat?

Most body hair can be removed using IPL - the most common areas are underarms, legs, chest, back and bikini line. Certain areas of the face can be treated, but it should not be used around the eyes or the lips. Refer to 'Facial Treatment' section before using on the face.

What does it feel like?

Most people experience a warming of the skin. Slight irritation similar to that of a minor sunburn may be felt if used on too high a power level, or if the area has not been shaved. Men undergoing the procedure experience greater discomfort as male body hair is generally thicker than women's, however the sensation quickly disappears.

Can I use IPL hair removal on sensitive skin?

Yes, the IPL reacts with the hair, so the surrounding skin should not be affected.

How will my skin appear after the treatment?

Usually there will be no perceptible change. A slight redness after treatment may occur, but will normally fade over 24 hours. There may be some localised redness around the hair follicle - this is quite normal. However, if any redness or inflammation remains after 24 hours this would indicate you have selected too high a power level for your skin type. Please refer to the "Patch Test" section.

After IPL hair removal is there anything to avoid?

Sun exposure or deep tanning should be avoided for at least 48 hours.

If the skin is exposed use a sunscreen. Also avoid using abrasive cleansers or skin peeling treatments. Avoid swimming in chlorinated water or using a hot tub for 48 hours. The chlorine in the water can result in itchiness.

QUESTIONS AND ANSWERS

How often should I repeat IPL hair removal treatment?

The timing for follow on treatments is not critical. We initially recommend treatments at 2 week intervals, although some people like to treat the area every week and others just once a month depending on personal preference and on where the treatment area is. As long as the hair follicle or surrounding skin is not red, sore or inflamed, treatment can be repeated after a minimum of 48 hours. Choose a time which is convenient for you. Avoid excessive treatment on the same region at one time. This may cause reddening and swelling. To maintain hair free skin and to ensure disabled hair follicles remain dormant, repeat the treatment every 4 to 6 weeks or as required.

Is there any aftercare routine I should follow?

If you wish, you can apply an unperfumed soothing lotion, an ice pack or wet towel to cool the treated areas, though we recommend not using soap on the treated areas for 24 hours. Take care to keep the treated area particularly clean for 3 days. When treating the underarms, avoid using antiperspirant deodorant for 2–3 days. Avoid unnecessary sun exposure for 48 hours.

How many treatments will I need?

Long term hair removal with IPL is generally considered to be effective after a minimum of six treatments over a period of 6 months. This varies from person to person and depends on the area you are treating, hair density, your hair's growth cycle and colour. Dark hair on fair skin responds to IPL best, but both dark and fair hair may take several treatments for long-term results. Initially with each treatment you will notice a gradual thinning/reduction of hair growth in the treated area. To maintain hair free skin and to ensure disabled hair follicles remain dormant, repeat the treatment every 4 to 6 weeks or as required.

Can I use other hair removal methods between treatments?

Because IPL treatment needs a hair to be present in the follicle, hair removal methods which pluck the hair, such as waxing, epilators and tweezing are NOT suitable for use between treatments. Bleaching hairs is also NOT suitable as it removes the pigment and renders IPL treatment ineffective. Shaving, micro-dermabrasion discs and cream depilatories are ideal for use between treatments.

QUESTIONS AND ANSWERS

What is the difference between IPL and a laser?

There are two big differences between Lasers and Intense Pulsed Light. Generally IPL covers a much larger area than the relatively small treatment spot with lasers and therefore treatments of larger areas are much quicker. The other difference is the wavelength of light produced. Lasers produce light with a specific wavelength whilst IPL uses a broad spectrum of wavelengths. This limits IPL to specific skin types.

How big is the treatment area?

35mm x 14mm

Why is it important to shave?

It is important that any area being treated is shaved so all the light energy is directed straight to the hair root for maximum effect. This also prevents burning of the hair above the skin surface which can be uncomfortable.

What safety features does it have?

The main safety feature regulates the power level, so that it can only be increased by 1 step per treatment, starting from power level 1. This reduces the risk of using too high a power level. Power can be decreased in as many steps as required.

Other safety features include:

- A keylock
- A security code to prevent misuse.
- Skin sensors on the wand to ensure IPL treatment only occurs when good contact is made with the skin.
- A bright orange 'blink safety' light which will cause a blink reaction if pointed directly at the eye.
- A UV filter in the IPL aperture to avoid the risk of damaging UV light.
- Over temperature detection.

Are there any side effects?

As with all hair removers which use light energy, there may be slight reddening of the skin after use or lightening of the skin in patches. They should both disappear within 24 hours.

IMPORTANT

- When not in use store key responsibly away from children.
- IPL should not cause significant discomfort. You may feel a slight warming of the area. If you feel discomfort or soreness the setting may be too high.
- Do not cover ventilation slots on the wand during use.
- Do not place on a soft surface which might block the cooling vents on the underside of the console.
- Do NOT use after drinking alcohol, if you are feeling unwell or fatigued.
- Do NOT use near to shortwave or microwave equipment.
- The equipment may be affected by electromagnetic interference. If such effects are suspected please turn off and turn back on to reset.
- Do NOT override any safety features.
- Do NOT use this product for any other purpose other than those described in these instructions.
- This product is for home-use. It is not intended for use in a commercial environment.

MAINTENANCE

- Only use this product with the power lead supplied.
- After use, always unplug the power lead and store out of reach of children.
- If there is any damage to the unit, wand cable, wand or power lead, stop using immediately.
- If the power lead is damaged, it must be replaced by the manufacturer or its service agent or similarly qualified person in order to avoid a hazard.
- There are no user serviceable parts inside the unit, wand or treatment cartridge. Do NOT disassemble or repair. If you have any problems using the product, contact our Customer Care Department.
- To clean, wipe with a slightly damp cloth.
- A build up of deposits on the IPL aperture will affect the efficiency of IPL. If you notice any deposits, switch OFF and unplug the mains lead. Clean with a lint free cloth or cotton bud, ensuring no fibres are left on the aperture.

SPECIFICATION

UNIT:

Light Source: Quartz Xenon Tube

Treatment Area: 35 x 14mm

Output Wavelength: >560nm

Input: 230V AC ~ 50Hz 150W

ENVIRONMENT

Temperature:

Operating: 0 to 50 degrees Celsius

Storage: -20 to 70 degrees Celsius

Humidity:

Operating: 10% to 80% RH

Storage: 5% to 90% RH

DISPOSAL



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, treat any hazardous substances and avoid the increasing landfill.

The product is classed as Electrical or Electronic equipment so please ensure at the end of the life of this product and its treatment cartridge they are disposed of in the correct manner in accordance with local authority requirements. They must NOT be disposed of with household waste.

CUSTOMER CARE

If you have any questions, or if you experience any difficulties with this product, please call our Rio Careline on **01242 702345** or email us at: **online@riobeauty.com**

To register your two year guarantee online visit: **www.riobeauty.com/warranty_online.htm**

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PATENTS PENDING

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